













CYPRUS SUNSHINE EPIC 2020 TECHNICAL GUIDE



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1. History of the Race

Cyprus Sunshine Cup is one of the most historical mountain bike races in the world and in 2020 it is about to enter a new era! Following 23 years of continuous evolution and growth the organising team wishes to give a new, upgraded image to this authentic mountain biking race, which has been taking place in the mountain ranges of Cyprus since 1997.

From 2020 onward, the race will be called Cyprus Sunshine Epic, emphasizing on the history of the race as well as the difficulty of the routes and the challenge that the participants face in their efforts to complete the race. Beyond the change in the name of the race, we also change its character since the athletes will now compete in teams of two and not individually. The team classification is, at last, a common practise in the world of mountain biking.

What will not change in Cyprus Sunshine Epic is the beautiful routes of the mountain range of Larnaca and the unique atmosphere and hospitality, owed to the participants and the organisers of the race. All the above, together with the cypriot culture, traditions and hospitality are some of the ingredients that make the race such an authentic mountain biking experience for the participants.

In the 23 years of the race, many of the world's biggest names in the sport have competed and have spoken highly about the race, the tracks and the Larnaca mountain range and the ideal conditions Cyprus offers for mountain biking.

To name a few: Jaroslav Kulhavy, Gunn Rita Dahle Flesjia, Jolanda Neff, Sabine Spitz, Annika Langvad, Anna Van Der Breggen, Jan Skarnitzl, Howard Grotts, Lars Forster, Manuel Fumic and Ondrej Cink are among the athletes who have the Cyprus Sunshine Epic in their yearly racing calendar. They view it as the best opportunity for training in ideal weather conditions and in demanding but still improbable and scenic routes. One of the greatest stars in World Cycling, the Dutchman Mathieu Van der Poel had stated after winning the second stage of the race in 2017, "It was the most beautiful two hours I ever spent on the bike"!

At Cyprus Sunshine Epic, amateur riders have the chance to live the unique experience of cycling shoulder by shoulder with the biggest names of mountain biking, world champions and Olympians, who gather in Cyprus every end of February, making this celebration of mountain-biking an experience not to be missed!

2. General Info-About Cyprus

On Cyprus, racing specialists, touring cyclists and mountain bikers will all find just the right exciting challenges, in a Mediterranean climate with a delightful combination of sea, beaches and mountains. The island, which is located on the eastern end of the Mediterranean Sea, has perfect weather for cycling, especially in the months between October and April, when temperatures range between 15°C and 25°C, while annual rainfall is also quite low in comparison to European countries. What's more, unlike other European or Mediterranean countries, the strong headwinds that are a bane to cyclists, here are rare.

But what makes Cyprus stand out as a heaven for cyclists is its compactness. It is like a whole continent condensed into a small island. The third largest island of the Mediterranean, Cyprus combines attractive beaches with pine-clad peaks, busy modern Europeanized towns and tranquil old stone villages, vineyards,



olive groves and ancient ruins. The short distances mean that there are rapid changes of terrain entailing a variety of different road surfaces over short distances.

Within the space of 10 km you can go from rocky to clay and steep to flat, enabling you to experience all surfaces within a short period of time and making the island into one huge mountain bike arena. Bikers can hone their skills on the unique trails of the mountains of Troodos and Macheras or in the Akamas peninsula, riding steep slopes that have been ridden and tested by many world champions. Quiet rural roads, with excellent quality tarmac, well signposted and with limited car traffic add to the attraction. In addition, there are no legal barriers to cycling anywhere on the island except of course on motorways.

3. Specific Rules

The Cyprus Sunshine Epic 2020 stage race is organized under the rules of the UCI and the Cyprus Cycling Federation and the specific rules mentioned in this guide. The race will be held from the 27th of February until the 1st of March inside and around the Macheras forest.

3.1 Team participation, classification and results

After the long standing history as Cyprus Sunshine Cup, the race changes its concept and from 2020 the race assumes the format of team participation with each team consisting of 2 riders.

The classification after each stage as well the Final general classification will be only for teams. For a team in order to appear on the classifications, both riders must finish each stage. Teams that both riders finish the stage will also appear on the Final general classification in the respected category. The team time for the General Classification is drawn on the combined time of the two members of the team.

In stage 1- Team Time Trial – the team time is that of the second rider of the team crossing the finish line. **3.2 Stage Cut off times**

There will be cut off times at certain points in the second and third stage set by the organizers. They will be announced at the race technical meeting. The race director in coordination with the race jury has the right to waive the cut off times for certain riders or teams in special circumstances. Cut off times are applied to all categories.

Non-professional riders who have been pulled out of the race at a cut-off point, will be allowed to start the next stage.

3.3 Maximum Stage time

All stages have a maximum stage time for the finish of the last riders. The time limits are set for the safety of the riders. The maximum stage times will be set and announced at the technical meeting. Non-professional riders who have not finished within the time limit of the maximum stage time, will be allowed to start the next stage.

3.4 "Orange solo" riders

Teams in the UCI category - Elite riders - of which one of the team members did not finish one of the stages will not be allowed to start the next stage as a team. The rider of a team that remains in the race, will be allowed to race the next stage(s) and will appear as an "Orange Solo" rider without any rights in the stage or general classification. "Orange Solo " riders will be riding in the remaining stages with an orange background bib and bike number plate supplied by the organizers. It's the rider's obligation to request the Orange solo bib and bike number plate.



"Orange Solo" riders may not offer any technical , physical or race assistance (as drafting etc) to any of the other teams members. Members of any of the competing teams may not take any technical, physical or race assistance (such as drafting etc) from any "Orange Solo" rider.

In case that one member of the team is not able to finish one of the stages, the team will appear in the stage results as OTL. Each team that one or both members did not finish the stage will still be allowed to start in the next stage and will be ranked after the last team that completed the stages with both its members.

3.5 Team members separation time

For the 2020 edition of Cyprus Sunshine Epic the team members separation limit is waived for all categories Despite the fact that the concept of most Epic stage races is the pair to ride together or within a certain time separation limit, the organizers have taken into consideration many different facts and decided to waive this for the first edition of Cyprus Sunshine Epic.

4. Participation packages

There are participation packages available that in addition to the registration fee include accommodation options as well as transfers from/ to the airport and to the race venues as well as other services like bike mechanics, massages, official event cycling jersey etc.

There are 3 different packages - Basic, Premium and the Epic - adjusted to the length of your stay in Cyprus during the Sunshine Epic. Choose a package and enjoy the race without having to think about how to organize everything!

View Cyprus Sunshine Epic 2020 Accommodation Packages

You can contact **info@activatecyprus.com** for your custom made package or take one of the existing online.

For teams that wish to make their own arrangements in terms of accommodation and transfers they can still register for the race. The fee in this case is

- Registration fee for UCI riders: €250 per rider for the stage race
- Registration fee for NON-UCI/ Amateur riders: €250 per rider (Stages 1-3)
- Registration fee for Juniors: €150 per rider (Stages 1-4)

All riders must register as a team using the online Registration Form in the event website:

www.activatecyprus.com

At the time of registration the registrar must submit the team name which will be displayed on the results of the race. Online inscription closes on the 20th February 2020.



5. Categories

The following team age categories are to be applied for Cyprus Sunshine Epic 2020. No category changes will be allowed after the race registration closes.

CATEGORY	AGE	CATEGORY	AGE
UCI ELITE MEN	19+	MASTERS MEN TEAM	35-49
UCI ELITE WOMMEN	19+	MASTERS WOMEN TEAM	35-49
MEN TEAM	19-34	MASTERS MIXED TEAM	35-49
WOMEN TEAM	19-34	MASTERS + MEN TEAM	50+
		MASTERS + WOMEN	
MIXED TEAM	19-34	TEAM	50+
JUNIORS MEN TEAM	17-18	MIXED + TEAM	50+
JUNIOR WOMEN	17-18		

Age categories are determined by the **average age of the two members** of the teams as on the 31st December of the year of the event. In the case where less than three (3) teams register for a category, that category will be merged with another category.

All riders must present a legal identification document issued by their government which confirms the date of birth of the rider.

6. Number pick up

Number pick up of the riders (with distribution of Race number plates and timing chips) will be available only at the Registration office during the following working hours:

25 February 2020: 10:00 - 13:00 and 13:30 - 17:00

26 February 2020: 10:00 - 13:00 and 13:30 - 16:00

Any rider who will NOT be able to be present for number pick up within the specified registration hours, must notify the organizers in time, who in turn, will inform the Commissaire. Failure to notify will result in penalties at the Commissaires' discretion.

The UCI License is kept and returned with the return of the timing chip. For all riders without a UCI Licence a deposit of ϵ_{100} will be kept until the return of the chip. Riders who don't return the timing chip after the event will be charged ϵ_{100} for replacement. It is the rider's (or their team manager's) responsibility to return the timing chip to the organizers.

The Registration Office will be located in Activate Cyprus Offices, in Tochni Village. For directions on how to get to the registration office please click on the link below:

View Location of the Registration Office in Google Maps



8. Start List, Start Procedure, Start order

Elite Men and Women start list for teams registered is drawn as follows: Winner of Last year's Cyprus Sunshine Cup #1- AFXENTIA and the rest of the teams according to the last published UCI individual MTB XCO classification - ranking. The best ranked rider of the team will be the rider which will determine the team's starting place on the start list. Non ranked riders will be placed after the last ranked rider on a first registered basis.

Riders in the Masters categories will be ranked according to their date of registration.

After stage 1 the start list will drawn based on the results of the updated General classification of the race!

Starting Procedure

Stage 1 - Team Time Trial:

Start order will be announced the day before (26th of February) after the Number-Pick-up is completed. The announcement of the start list will be online on the event's website www.activatecyprus.com Riders should be present near the start line 15 minutes before their start time. Riders will be called and should be present in the Staging area (or start preparation area) 5 minutes before their start time.

All other Stages :

Riders will be called in the Staging Area 15 minutes before the scheduled start time of the race. Staging will begin 10 minutes before the scheduled start time of the race. Riders will be lined up as described in the Start Order above.

9. Press coverage and Press office

The race is covered by the Organizers' Permanent Press officer for all international media in 3 different languages (English, German & Greek). Many other journalists and photographers are invited every year to cover the event for the media in several countries. To receive the media reports and press releases please contact us on **info@activatecyprus.com**

The press office will be located close to the Start / Finish Area of each stage. The press office will be fully equipped for online communication. Only accredited journalists and photographers will be allowed to use the press office.

9.1 TV coverage - Online video reports

The organizers are negotiating the rights of TV broadcasting with the local TV channels and online media platforms. A 5-minute highlights video of each day of the Stage race is produced and is broadcast online through all available media. The race has a Youtube channel where you can find all the highlights of the race.

10. Technical Assistance and Tech / Feed Zones

Technical assistance during the race is permitted subject to the conditions below:



Transportation to feed / tech zones

Authorized technical assistance during a race consists of repairs to or the replacement of any part of the bicycle other than the frame. Bike changes are not permitted and the rider must cross the finishing line with the same handlebar number plate that he / she had at the start.

Technical assistance shall only be given in the feed/technical assistance zones. Repairs and equipment changes can be carried out by the rider himself or with the help of a teammate, team mechanic or neutral technical assistance.

For stage 2, 3 and 4, at least two feeders per team are needed to cover all feed-zones / techzones. At some of the feed zones a 4x4 car is needed in order to reach the feed zones!

Transportation to feed / tech zones

In addition to technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same team

Riders may carry tools and spare parts provided that these do not involve any danger to the rider himself or the other competitors.

Transportation to feed / tech zones

On each of the four stages there will be Neutral Assistance and Feed Zone

There will be tools, tubes, tyres and basic bike parts to replace in case of need. There will be also fruits, water and dried fruits.

The Neutral Tech / Feed Zones will be at

- Stage 1/ Feed / tech Zone 1
- Stage 2/ Feed / tech Zone 3
- Stage 3/ Feed / tech Zone 3
- Stage 4/ Feed / tech Zone 2

Transportation to feed / tech zones

For the second and third stage (XCP) there will be a leading car for the feed and tech zones. This car will be leaving the start area well in advance in order to reach the Feed and tech Zones. The departure times will be announced in the Team Managers Meeting.

11. Team Managers Meeting

Each team shall designate a Team Manager who shall represent the team during the Cyprus Sunshine Epic 2020 and at the team managers meeting. Any contact with the teams will be made through the team manager. Riders racing without a Team Manager can represent themselves or can assign a person to represent them. This must be specified during their registration.

In order to be informed about the latest information it is essential for team managers to attend the team managers meeting.



The Team Managers Meeting will take place in Pyrga Village, at Pyrga Primary School. For directions on how to get to the technical meeting please click on the link below:

View Location of the Team Managers Meeting in Google Maps

12. Race Clothing

Race Leader, World Champion, Continental Champions and National Champions in MTB XCO, must participate wearing the jersey identifying their title. National team members must participate wearing their National team jersey.

Teams must ride in identical jerseys in each of the stages (with the exception of teams with World, Continental or National Champions) but can ride **in different jerseys on different stages**, Race Leader Jerseys will be presented to the Race Leaders during the awards ceremony after each stage. Award ceremony after stage 1 will take place on the morning of the next day before Stage 2 starts.

13. Schedule

27.02 | Stage 1 - XCT | Pyrga - Kornos

09:00-10:00 Technical Meeting

11:00 Start of the Team Presentations

11:30 Race Start | Elite Categories

13:20 Race Start | Juniors, Masters and Open Categories

28.02 | Stage 2 - XCP | Kornos - Lythrodontas

10:00 Award Ceremonies for Stage 1 in Kornos | All Categories

10:45 Riders Staging

10:55 Race briefing at the start line

11:00 Race Start

13:30-15:30 Local treats in Lythrodontas offered by the community

14:15 Award Ceremonies for Stage 2 in Lythrodontas | Elite Categories

15:30 Award Ceremonies for Stage 2 in Lythrodontas | Juniors, Masters and Open Categories

29.02 | Stage 3 - XCP | Lythrodontas - Lythrodontas

10:45 Riders Staging10:55 Race briefing at the start line

11:00 Race Start

13:30-15:30 Local treats in Lythrodontas offered by the community

14:15 Award Ceremonies for Stage 3 in Lythrodontas | Elite Categories



15:30 Award Ceremonies for Stage 3 and GC in Lythrodontas | Juniors, Masters and Open Categories

01.03 | Stage 4 - XCO | Mantra to Kampiou, Macheras Forest

10:30 Race Start | Women Elite, Junior Men and Junior Women.

12:30 Race Start | Men Elite

14:30 Award Ceremonies for Stage 4 and GC in Macheras | Elite Categories

14. Ceremonies

Within 15 minutes following the Finish of the top three teams (unless otherwise mentioned in the race program or team managers meeting), the Stage winner, the second and the third placed teams shall be ready for the award ceremony that will be conducted under the supervision of the President of the Commissaires Panel.

Within 20 minutes following the Finish of the top three teams of stages 2,3 and 4 (unless otherwise mentioned in the race program or team managers meeting), the General Classification leaders shall be ready for the award ceremony that will be conducted under the supervision of the President of the Commissaires Panel.

Riders shall appear in racing attire, wearing their Team Racing outfit, until the official ceremony concludes. World Champion, Continent Champions and National Champions must wear their jersey identifying their title.

Award ceremony for stage 1 will be conducted on the next day, 1 hour before the start of Stage 2 near the Start area.

PLACE	MEN 8	MEN & WOMEN ELITE		MEN & WOMEN ELITE	
1	€	630.00	€	140.00	
2	€	525.00	€	105.00	
3	€	420.00	€	70.00	
4	€	315.00	€	50.00	
5	€	260.00	€	35.00	
6	€	210.00			
7	€	160.00			
8	€	130.00			
9	€	105.00			
10	€	50.00			

15. Prize Money According to the UCI Financial Obligations (Europe 2):

General Classification:



Class S1 prize money one-day race + 50%

Total Prize Money for General Classification MEN ELITE& WOMEN ELITE: €2,805

Total prize Money for the 4 stages for Elite cat: €3,6800

Total Cyprus Sunshine Epic 2020 Prize Money: €8,810

16. Maps & Description of the courses

Stage 1 | XCT (Time Trial) | Pyrga – Stavrovouni – Kornos

Distance: 19,5km | Total Ascent +470m | Tech/ feed Zone 15.4km

From 2020 since the event becomes a "team event" the first stage will be a 19,5km long team time trial. Starting from Pyrga, climbing up to Stavrovouni hill, before it enters the long single trail which leads to the bottom of the hill that follows a fast section to Kornos village where the stage finishes.

After some years of an enduro style Individual Time trial, as the first stage of the Sunshine Epic in 2020, we return to a more traditional time trial with a length of 19,5km and 470m of total ascent. There will be only one Feed / tech Zone at 15,4km. The route begins in Pyrga Primary school with a fast section before it hits the first hill with some short steep sections. At the chapel of Agios Modestos you start ascending towards Stavrovouni mountain, a very famous peak on the area with the imposing monastery on the top. The route follows a short uphill single trail section before reaching the highest point of the first stage. From there a technical single trail takes you to the bottom of Stavrovouni to enter the fast dirt roads that lead to the village of Kornos where you finish in the community stadium!

View Stage 1 map and the route online and download the GPX track.

Stage 2 | XCP (Point to Point) | Kornos – Lythrodontas – Vavatsinia – Kionia – Lythrodontas

Distance: 59,5km | Total Ascent +1540m | Tech/ feed Zones @24.9km, @42.7km, @49.7km

Stage two starts from Kornos with undulating terrain towards Lythrodontas and the area of Macheras mountain. After some long climbs you reach the Kionia peak from where you start descending. You are now in one of the most beautiful and most flowy single trails on the island. You will love the fast and "endless" descend but don't forget to take a deep breath and look around, take in the stunning views, unfolding as far as your eye can see! It's on this stage that Mathieu Van der Poel said in 2016 that he had some of his most beautiful hours on the bike!!!! Stage finishes in a warm and welcoming Lythrodontas village as the previous years!

Winner in Men elite in 2019 was Wawak Bartomiej in 1h:59m:58s and in the Women Elite race was Annika Langvad in 2h:16m:26s.

View Stage 2 map and the route online and download the GPX track.

Stage 3 | XCP (Point to Point) | Lythrodontas - Kionia - Lythrodontas

Distance: 63,5km | Total Ascent +1550m | Tech/ feed Zones @22km, @37.5km, @47.5km



The third stage of this year's race has no serious changes to the route. With a length of 63,5km and a total ascent of about 1550m the stage can be decisive for the winner of the race.

The start and finish line are in the bike-friendly Lythrodontas village. The first 5km run through the villages' olive groves before reaching Kapedes village and from there to Mantra tou Kampiou picnic site.

From there the course follows the road to Agios Onoufrios chapel to start the first singletrail descent towards Tamasos dam. On the way to the top of the course near Kionia the course passes through the Arkatzi tou Klimatos single trail which finishes at the Afxentiou Hideout. On a short section of asphalt road the course reaches the highest point before entering the 6km long Kakokefalos single trail to reach the Mantra tou Kampiou picnic site and from there towards Profitis Elias monastery and finally finish in Lythrodontas after 66,5km and lots of action in this scenic route.

Winner in Men elite in 2019 was Timofei Ivanov in 2h:28m:34s and in the Women Elite race was Annika Langvad in 2h:57m:27s.

View Stage 3 map and the route online and download the GPX track.

Stage 4 | XCO (Olympic Format) | Mantra tou Kampiou - UCI Elite and Junior riders only

Distance: 6,1km(lap) | Total Ascent +187m/lap | Tech/ feed Zones @1,4km, @4km

Although the course was rebuilt almost from scratch for the 2011 race, it is based on the same course that has been used for the XCO stage since the very first edition of the Afxentia stage race back in 1997. It consists of singletrack and forest roads and has the form of a loop inside another loop using a permanent bridge, specially built for the race to connect the two loops.

The start/finish area is located at the "Mantra tou Kampiou" picnic area. Each lap is 6.1 km long and the total ascent per lap is 185m.

For the 4th stage, the XCO race, the riders will complete a start loop before they enter the normal lap. During the start loop the riders avoid entering technical section 1 and 2 of the full lap!

For the XCO stage, teams pulled for 80% or lapped, will be given a stage time equal to the time of the last team to finish the complete course, plus 5 minutes for each lap down.

A team will be considered lapped or pulled for 80% if either of its riders is pulled.

Winner in Men elite in 2019 was Wawak Bartomiej in 1h:24m:52s and in the Women Elite race was Annika Langvad in 1h:19m:57s.

View Stage 4 map and the route online and download the GPX track.



17. Contact Information

If you need further information about the Cyprus Sunshine Epic 2020 stage race, please contact the Organizers:

MH Bikin'Cyprus Event Management

Thermopylon 20, Apt 7, Nicosia 2007, Cyprus

T: +35799694900 / +35724332112 / +35797702200

E: info@activatecyprus.com

W: www.activatecyprus.com

19. How to arrive in Cyprus, Passports and Visas

The legal ports of entry into the Republic of Cyprus are the airports of Larnaka (Larnaca) and Pafos (Paphos) which are situated in the area under the effective control of the Government of the Republic of Cyprus.

Entry into the territory of the Republic of Cyprus via any other port or airport in which the Government of the Republic does not exercise effective control (Turkish occupied areas) is illegal.

A passport is required by all travelers entering Cyprus except citizens of the European Union (EU) countries, as well as Switzerland, Iceland, Liechtenstein and Norway who may enter Cyprus with their national identity card, provided there is a photograph.

A list of countries requiring a Visa to enter Cyprus can be found on the Ministry of Foreign Affairs webpage.

See Visa Policy Here

24. Hospitals near the venue

Nicosia General Hospital, Latsia

Tel +357 22 60 30 00

LA 35°07'619" LO 33°22'585"

See in Google Maps

Limassol General Hospital, Kato Polemidia

Tel: +357 25 801100

LA 34°42'399" LO 33°58'966" See in Google Maps

Larnaka General Hospital

Tel: +357 24-800500 / +357 24-800323

LA 34°55'285" LO 33°36'270" See in Google Maps

Cyprus Emergency Phone: 199/112



25. Organizers and Sponsors

